

APRIL 2009

News

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An Award For KASBAH!

This has been a great year for KASBAH's Independent Living Project at Seabrooke House. In September last year we gained the 'B' standard within the Supporting People's Quality Assurance Framework, which showed that we had exceeded the standards in all areas set out in the Government's 2001 White Paper 'Valuing People' and the National Minimum Care Standards for a supported living scheme.

On the 16th February this year we achieved the 'A'

standard. This is a significant milestone for KASBAH as only 9% of all of the Supporting People service providers nationwide achieve quality standards at this level. This will open new doors for KASBAH enabling the organisation to tender for new services and to be formally recognised as an expert in the field of independence training.

KASBAH is very proud of the progress and development that it has made at Seabrooke House.

. . . and an Award for a Board Member!

A Member of KASBAH's Board of Trustees was recently named Tesco Magazine's 'Community Mum of the Year, 2009'.

In 2007 Dorothy Higgins, 42, from Faversham, set up Family Activities for the Disabled in Swale (FADS) which now gives families in her area a chance to enjoy days out.

When Dorothy's daughter Joanna, now 8, was born with Spina Bifida and a rare genetic disorder, Di-George syndrome, she found there wasn't enough support in her community for families with disabled children.

It occurred to her that more needed to be done and she decided that if no one else was going to do anything she'd do it herself. With her local carers' centre, and her good friend Maria, she set up FADS. It started out helping 23 families but has been so successful that help now goes to 126.

Dorothy seeks grants and funding for FADS, organising lunch events, raffles and themed evenings to raise money for trips. With this money, FADS has organised barbecues, art workshops, and outings to theme parks, theatres and firework displays, giving families a chance to do things they'd never be able to do otherwise.

Besides her work for FADS, Dorothy sits on the board of KASBAH, is chairperson for her resident's group, and supports other carers in her area by highlighting the fantastic work they do. Her efforts to raise awareness of other needy causes have inspired many others in her community to do the same. Dorothy was nominated by her son, Alistair, 14, who said "My mum deserves the award for everything she does for FADS and for the time she spends helping others in our area".

TV celebrity Fiona Philips hosted the awards ceremony at the Waldorf Hilton Hotel in London on Sunday 1 March. The following day the eight new Tesco Magazine Mums of the Year were guests of honour at a reception at 10 Downing Street hosted by the Prime Minister's wife, Sarah Brown, who commended them on their achievements.

We are sure that you will all join us in congratulating Dorothy and the other mums of the year on their well-deserved awards. Dorothy says her aim with her involvement with Kasbah is to promote activities for younger Kasbah members.



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A WORD FROM EMMA

Hello Everyone

The sun is finally starting to shine; I hope it is helping you all to lift your spirits. As it is the end of our financial year, I need to collate information on our service delivery for our funders, so please take the time to complete our annual review and evaluation form.

There will be a lot of changes this month at KASBAH. Dawn is starting maternity leave and we all wish her the very best of luck and happiness in motherhood. Sally will be moving job roles to Hattie Webb House to cover the maternity period with the support of the existing staff.

Lynne or another office staff member will be offering a monthly telephone clinic for carers and parents on the last Wednesday of each month, and we will be focussing on contact and networking between members for the coming year with more coffee morning and support groups throughout Kent.

Catherine will be spending some time in the office to gain experience and learn new office based skills. Sophie will be returning to the KASBAH Office part time in the last week of May.

We are currently recruiting for a new House Manager at Seabrooke House and hope to have a new person in post by the beginning of June. So there are a lot of changes happening, but our goal is to improve our existing services and spend more time with you, so if you need us, please call the office on 01474 536501.

Finally, don't forget we really need lots of help with our Eurotunnel collecting day at Folkestone in July/August, and at Gravesend Promenade on July 4th (See P.8)

Best Wishes, Emma Carver (KASBAH Services Manager)

WHAT'S HAPPENING AT KASBAH?

Hattie Webb House

Hello all; I hope you are all well and full of the joys of the approaching spring ; I know I am.

We have certainly been busy here, with spring-cleaning, gardening and planning day activities. We have two people interested in moving into HWH and we have started the process to find out if they are suitable for the service.

We have also had a familiar face stay with us for a couple of weeks, James Seal. The day service has been very busy with plenty of practical sessions planned. We all went to Bluewater by bus recently; not everyone had managed this before but we all thoroughly enjoyed the experience.

As some of you are already aware I am expecting my first baby, due at the end of May. I have had a fantastic pregnancy so far and I am really excited about meeting baby Varley in 2 month's time. I start my maternity leave on the 20th April and Sally Cochran is going to be my replacement in my absence. She will be starting the handover process with me from the 6th April. I am planning on returning after my maternity leave and will keep you all updated on my new arrival and mother and baby's progress, but for now I wish you all well and look forward to seeing you on my return.

Dawn Varley, (Support Co-ordinator)



*Further Info / Contacts:
Hattie Webb House
01634 404468
or [hattie-
webbhouse@kasbah.org.uk](mailto:hattie-webbhouse@kasbah.org.uk)
or Emma Carver at
the KASBAH main office.*

Seabrooke House

In the past months Seabrooke House has been a hive of activity.

Rosie Penfold flew off to Finland on Valentines Day for her youth exchange after raising the funds for her flight, as we reported in the last issue. She had to be up and about early to meet the coach at 6.15am! She was well prepared in her snow trousers and the extra large coat that the youth club had provided.

When we had snow early in March, the service users couldn't leave the house, but they took full advantage of this by having their very own 'Snow Day' where they made a snowman in the back garden and had a snowball fight.

For Comic Relief this year Seabrooke House service users had a karaoke day using 'Sing Star' on the PlayStation 2. They each paid £1 to sing as many songs as they wanted, and even the staff joined in! Ear plugs were needed, as not everyone had a voice of an angel!

Catherine Kemp (with help from Rosie, Nat and Sam)

The Hive

Sally Cochran will be at Hattie Webb House whilst Dawn Varley is on maternity leave (from April 20th).

On May 5th we say goodbye and thank you to Clare Younger, our Charity shop volunteer and wish her the best of luck on the degree course she starts.

We shall be welcoming Sophie Millis back to the office for one day a week from the last week in May.

And finally, happy Spring holidays to one and all from the team here at KASBAH.

TRUSTEES STILL NEEDED URGENTLY!

KASBAH is in great need of more people willing to help to guide and direct its future progress. The workload need not be too onerous.

If you have skills or experience that could benefit KASBAH, and would be willing to become a trustee, please ask to speak to Betty Hague-Smith, Chair of KASBAH, or write a short summary about yourself and send it to her via the KASBAH office (Contact details Page 12).

Training may be available.

SMALL GRANTS SCHEME

Some members are already aware that KASBAH is experiencing cash flow problems and has had to make the difficult decision to suspend the small grants scheme until dedicated funds for this purpose can be raised. Please be assured that fundraising is a key task for the organisation in the new financial year and all help and ideas will be greatly appreciated.

We hope that this is a temporary measure and will keep you updated on progress.

FROM OUR ADVISOR

Contact Christine as follows:

Christine Cunningham, KASBAH Advisor
7 The Hive, Northfleet, Kent, DA11 9DE
Email: ccunningham@kasbah.org.uk
or Telephone: 01474 536501

Thank you to all the members who sent items about holidays to me. We include a selection below.



6+ BERTHCARAVAN (FULLY EQUIPPED FOR DISABLED USERS) TO LET IN RHYL, WALES: £200-£350 per week. Close to both Rhyl and Prestatyn on Lyons Robin Hood site. Sleeps 6/7. The site is open 11 months of the year - closed only in February. The site is totally wheelchair accessible and only minutes from the beach and towns. There is a bus which passes every 20 minutes (in season) which wheelchair users can access easily.

For further information / bookings contact Debbie on 07968714288.

View details on: <http://www.gocaravanrentals.com/listman/listings/l0083.html>

Or <http://www.lyonsholidayparks.co.uk>

BOND HOTEL 120 Bond Street, Blackpool FY4 1HG

E-mail: sales@bondhotel.co.uk

Tel: (01253) 341218 Fax: (01253) 349452

Website: www.bondhotel.co.uk

The Bond Hotel provides hotel and holiday homes for people with special needs, and also has facilities at St Annes and Marton Mere. 65 Bedrooms are available, 14 on the ground floor with level access showers, widened doorways, emergency call points and grab rails. The majority of rooms are adapted to accept specialist equipment such as hoists, cot sides, shower chairs & commodes etc. There is a modern spacious restaurant where a full English breakfast and 3 course evening meals can be enjoyed.

One KASBAH member writes: "I have been to the Bond Hotel a couple to times in the past. It's good - totally equipped for our needs. 3h Fund holidays have used the Bond for at least 26 years running so it must be OK".

'SUPPORTED HOLIDAYS' can provide fully supported holidays for people with disabilities on the Costa Del Sol, Spain and can provide a 'tailor made' holiday.

See: www.supportedholidays.co.uk or contact Sue Osman on sueosman@supportedholidays.co.uk

NEW MAYFAIR HOTEL, 673-677 New South Parade, Blackpool FY4 1RN

E-mail: newmayfairhotel@yahoo.com

Tel: 01253 347543

Website: www.newmayfairhotel.co.uk

The New Mayfair has full disabled facilities with wheelchair accessible rooms, wet rooms and three lifts. It also has ground floor rooms with ceiling tracking hoists.

CROWN PLAZA HOTEL, 406 North Promenade, Blackpool FY1 2LB

E-mail:

Tel: 01253 354598

Website: www.crownplazablackpool.co.uk

The Crown Plaza is the sister hotel to the New Mayfair and has extensive disabled facilities. A range of themed speciality weeks is available throughout the year.

THE BUNGALOW, WESTGATE, 12 The Warren Drive, Westgate upon Sea, Margate, Kent, CT8 8JB

Tel: 01483 831343

The bungalow has widened doorways, no steps, wheelchair accessible kitchen and shower room, and one of the three bedrooms has a Freeway ceiling hoist (own sling required). Bookings from Saturday to Saturday, from £220.

For further Information or to book, please telephone Keith and Hazel Waghorn on 0208 854 4399

PLEASE FEEL FREE TO CONTINUE SENDING IN ANY MORE INFORMATION THAT YOU WOULD LIKE TO SHARE WITH OTHER MEMBERS.

... and if you have any questions or queries which you would like us to address, or stories to share, please write in or telephone with them; we love to hear from you!

HOLIDAYING WITH A WHEELCHAIR USER

My wife and I are pensioners and for some time had been put off making a much desired coach tour of California and surrounding States because our son, who lives with us, although otherwise fairly independent, needs assistance first thing in the morning due to physical limitations and therefore has to accompany us wherever we go.

As considerable distances were involved, we anticipated that such tours might require early morning departures and were worried that we might not be able to be ready in time. We communicated our concerns to the tour operators and they reassured us that most starts would be at a "reasonable" hour. However, they emphasised that they could not provide any assistance when boarding or leaving the coach.

This, at least, was not a problem because our son wears leg callipers and has good upper body strength, so is able to stand with support. In the event, this was made easier by the fact that the coach had a 'lowering' mechanism and the steps

to the passenger level were in a sweeping curve rather than at right angles, with a hand rail on both sides. Additionally, the front seat was always reserved for him, which was a great help. His wheelchair was kept in the luggage storage compartment beneath, without the need to fold it and the driver always had it ready waiting for him when he disembarked.

Although the earliest morning departure was around 8am, we did find it necessary to forego breakfast on many occasions. This was not much of a hardship, since we always stopped mid morning at some sort of restaurant, where we were able to satisfy any hunger pangs.

Our accommodation was either on the ground floor or easily accessed by lift. We requested adjacent rooms or one adapted for a disabled person wherever possible and this was complied with at every stop. In fact, in most places we got both, some with an adjoining door, which was another great advantage.

Apart from the substantial hills of

San Francisco, getting around at the various spectacular attractions proved fairly easy. Even there, we were very surprised to find ourselves aboard one of the famous old cable cars, when a controller, seeing us watching at the terminus, *insisted* that it was possible. It was, but only after a bit of a struggle! Maybe not something which most wheelchair users should attempt. However, San Francisco appears to have every form of public transport and most of them seem to be wheelchair accessible.

Curiously enough, our only real problems occurred when we returned to Heathrow and were directed to a remote standing, where it took an extremely long time to get the wheelchair lift required.

Our experience has certainly given us the confidence to consider undertaking a comparable excursion. The tour company was Riviera Travel of Burton on Trent (selected initially on price!) and we travelled at the beginning of June.

Dennis Paul



From Our Carers' Advisor

I would like to begin this Month's carers' column by thanking so many of you who have taken the time to return carer's survey forms to me. I would also like to thank all carers, parents, mums

and dads who responded to the telephone and questionnaire surveys, which produced very varied feedback. A summary of the findings is on P10 and the full report is available from the office on request.

I have also been looking into carers' entitlement to a fair assessment. Many carers are unaware of their legal right to a Social Services assessment to identify any help that may be needed to maintain their own health, and to balance home, family and working life. To arrange this contact the Local Social Services office. The number can be found in the phone book under Local Authority. If you feel under pressure to accept inadequate care services, advice is available via the Carers UK helpline 0808 808 7777.

I am considering whether it would be useful to hold a carers 'Clinic'. This could be a service for anyone to telephone me on a set day to discuss any minor or major concerns, issues, worries, or anything else from a parent or carer's point of view - or just for a chat or to offload. As I said in my first letter I am here for you.

Unfortunately there has been very little response to holding a therapeutic pamper day for KASBAH members, carers, friends and family. However I won't give up easily and I am still hoping to arrange this event.

Finally I would love to hear from anybody who would like to nominate a special carer. Write in, e-mail or call us at the office; tell us why this person is so special to you, and we will give them a special mention in the next Newsletter.

This concludes my column for this issue, so take care, and remember a problem shared is a problem halved.

Bye for now.

Lynne Mynehan, Carers' Advisor

Your Opinion Is So Important . . .

It's sad to say that Matthew Kyle's article 'So Who Really Care's Anyway' in our Nov 2008 Newsletter has not generated the response from our readers that we had hoped for. We are sure that many of you have similar experiences, and were hoping that with a good response we would have been able to take these issues further. Our next stop was to raise matters with local MPs in the hope that they might start to address these problems. However, we need a starting block, and letters from one or two Service Users aren't enough. We know the problems exist but we need to hear about your experiences to be able to attempt to do anything about it. So, please write in and let us know of any problems that you have experienced with Care Packages etc. Please don't think 'Oh it's happened to me, but someone else will write in and tell their story'. I hope that when our next newsletter appears we will have had lots of replies. Meanwhile, here's a response from the father of one of our Service Users.

I remember once seeing an old 1923 edition of Punch, the now defunct humorous magazine. In those days cartoons often had quite lengthy explanatory captions. One depicted a dinner party at which a 'professorial' type launches into a diatribe condemning the corruption of the English language by the invasion of 'Americanisms', to which the 'Flapper' at his side replies, "Babe, you sure slobbered a bib full!" The phrase stuck in my mind and I have been tempted to reiterate it (if only under my breath) on occasions when I myself have witnessed an outburst.

The latest occasion was when I read Matt Kyle's excellent and thought provoking article on his experience of 'Carers' (not to mention 'uncaring' attitudes in the wider community), in November 2008 KASBAH News. "Matt, you sure slobbered a bib full!"

You never really know the shortcomings of an organisation until you have personal experience of it and although I was vaguely aware of some of them, Matt's article has certainly opened my eyes to the realities of Care Provision. Those who have to rely on it have my sympathy. It calls to mind an aphorism about what you get if you pay 'peanuts' but I wouldn't dream of rehearsing that here!

It is all too easy to push it to the back of one's mind with an "It doesn't affect me" attitude. But let's not forget that sooner or later, we or our loved ones may find ourselves forced to seek this form of assistance and then we would hope for the highest standard of treatment.

I believe that Matt's article is deserving of the widest possible exposure (including at Westminster) and we should all support him.

NHS Issues Guidance Following Laxative Errors

Healthcare organisations are being urged to review their current practice for the administration and use of certain types of prescribed laxatives given to patients prior to bowel surgery or examination. The guidance is from the National Patient Safety Agency (NPSA) and has been issued to all NHS and independent healthcare organisations in England and Wales.

It comes after the NPSA received reports of 218 patient safety incidents and one death, between 27 November 2003 and 6 January 2009 involving oral bowel cleansing solutions. Of the 218 patient safety incidents over 90% resulted in low or no harm, with less than 10% causing moderate or severe harm.

Linda Matthew, Senior Pharmacist at the NPSA said: "The NPSA is advising all healthcare professionals to review their current practice to ensure that there is clarity over staff responsibilities in relation to the use of these bowel cleansing solutions. Of particular importance is the provision of information and explanation to patients about their use.

Although over 90% of the incidents reported to us resulted in low or no harm, elderly patients and children are potentially at greater risk than adults if these medicines are not used correctly.

Our guidance therefore applies to all healthcare settings where bowel cleansing solutions are prescribed or administered. We hope that these recommendations will improve the safety of these medicines and help to prevent avoidable harm to patients."

The alert sets out action for all organisations in the NHS and independent sector where bowel cleansing solutions are used. The deadline for action to be completed is 7 September 2009.

(See www.npsa.nhs.uk/rrr Rapid Response Report NPSA/2009/RRR012)

© National Patient Safety Agency

Spotlight on KASBAH's Volunteers



Charity Shop Volunteer

Clare Younger.

I run the Charity Shop at The Hive, for KASBAH on 3 days a week. After a full-time college course in 2008, I found myself with spare time on my hands. I am naturally friendly and enjoy being busy and helping people, so I looked into local volunteering opportunities. I learned that KASBAH was looking for help in its charity shop, and began work there in January.

Having shut for a while, the shop needed a complete overhaul; stock had to be sorted, fixtures and fittings moved, the entire shop cleaned from top to bottom, and everything priced and labelled. I enjoy a challenge, so this suited me perfectly!

It has now been open for some weeks and is doing well. I enjoy speaking to customers and helping them find whatever they're after. Besides dealing with them and keeping the shop tidy, I also sort donations, label and price goods, and ensure regular stock rotation.

Sadly I will be leaving on 5th May to start a full-time degree. I thoroughly enjoy my work with KASBAH; it keeps me very busy and I love the fact that I am helping people and my local community. I will miss it but hope to be able to help out again in the future.



Office Administration Volunteer

Peter Mynehan

My name is Peter and I currently work as a Volunteer in the KASBAH Office.

I came to work with KASBAH having completed a placement at Seabrooke House and subsequently starting to live independently, as well as a law degree at university.

After leaving the Independent Living Project, I decided that I still wanted to be involved with KASBAH, helping to promote the organisation and assist in taking it forward.



Seabrooke House Volunteer

Jodie Smith.

I'm 22, and suffer from Spina Bifida Occulta. I'm a former trainee, and now a volunteer, at Seabrooke House.

I first heard about Seabrooke House from the KASBAH advisory service. I decided the time was right for me to move out from my mum's and start to live independently. It took a year of training to get to the point where I was ready to live on my own.

After I got settled in a flat I thought I should do something worthwhile with my time and as I was still in touch with KASBAH it was suggested that I try and pass on my skills to other trainees.

It's nice because I know and get on well with the staff, I have knowledge of the training, and can relate to the trainees as I was once experiencing the training and day to day life at Seabrooke House myself.

I thought it would be a bit strange working with staff who were once supporting me, but I was made to feel welcome and comfortable as a working volunteer and feel the time I give is appreciated. It is now possible that I do my NVQ and train for other qualifications, which will be a positive and exciting move.

Volunteering is a very worthwhile experience and a good way of giving something back. Also, when you are involved in the work of a growing organisation, no two days are the same. I thoroughly enjoy the work that I do, particularly when it involves a project where I am interacting with the members and listening to their views. I often think that it is the members that help build an organisation like KASBAH and make it the success it becomes.

The next year promises to be a very exciting one for KASBAH and I am very much looking forward to being a part of the team and working with the membership to build on the successes it has had.



Office and IT Volunteer

Chris Hague-Smith.

I help out in the KASBAH office, (or wherever needed) and also compile the newsletter. Having taught for 22 years, briefly been a carer, and gained some proper computer qualifications along the way, I began volunteering, helping a Carers' charity and the local CVS with office administration. I also worked part time for a children's charity until it closed down and I retired.

I continued volunteering for CVS and also helped out for 2 years at a local Centre for Disabled People, then started giving KASBAH a hand. Sadly, the other two charities have now closed or moved, which shows how difficult it is for smaller charities to survive.

I enjoy helping at KASBAH and fit this around quite a busy life. I compile most of the newsletter at home and go into the office as and when needed, so the workload isn't too heavy. It's interesting to deal with the vast range of information that comes in. Your news and feedback is very important and I always look forward to receiving it.



Hattie Webb House Volunteer

Tracey Beal

I'm a KASBAH member who recently became a volunteer at Hattie Webb House. It's Tuesday today and my first task is to assist a resident with checking his medication supplies, food supplies and put together a shopping list. I also observed him plan his meals for the week. After lunch I helped a day service user with some ironing, then did some washing up.

I will be here next on Thursday which is an activity day. This week we will be going out to the cinema followed by lunch. It's only my second week, but I am really enjoying this experience as I have met some really friendly people, and being in a position where I can offer them any small assistance in their daily routines is very rewarding.

Fundraising News

Elham Valley and Wye Lions



Sponsored Walk 2009

To raise funds for
Kent Association for Spina Bifida and Hydrocephalus

on
Sunday 19th April
Starting at 10 o'clock from

Rose & Crown Inn
Stelling Minnis, Canterbury



Elham Valley and Wye Lions invite you to join them help raise funds for KASBAH – the Kent Association for Spina Bifida and Hydrocephalus

This will be the 33rd Charity Walk organised by the club since it formed in 1975. Over the years we have managed to raise over **£55,000** from this event alone, helping many local charities and organisations.

We hope you will keep this date free and don your walking shoes for a tramp through the delightful countryside around Stelling Minnis. The route will be mainly on footpaths and small roads. It will be about 8 miles but if this is too much for some of you a shortened route can be chosen.

Come and join in a fun morning and help raise money for a worthy cause.

The route follows footpaths which have some restrictions for dogs.

Please observe this basic code:

- Keep to the marked route
- Keep dogs on leads
- Close gates
- Don't leave litter
- On roads, face oncoming traffic

**KASBAH will be
at**



Gravesham Borough Council is holding its annual "Big Day Out" on July 4th at Gravesend's Riverside Promenade.

Northfleet Carnival takes place on the same day and finishes at the Riverside Area at around 4pm.

KASBAH will have a stand in the community marquee - as well as handing out leaflets and other promotional material it will also hold a tombola to help raise funds. Last year around 20,000 people attended so this should be a great opportunity to "sell" KASBAH.

Besides looking forward to seeing you there, we are looking for people able to help out on the stand. We hope to organise shifts, so no-one is left on the stand all day. (We believe opening hours are 11am - 5.30pm). Our stand will be wheelchair accessible. We also need people to help set up and take down the stand.

We would be very grateful for donations of any new items for tombola prizes, so if you have any unwanted gifts etc please send them to the office at The Hive.

If you or someone you know, are able to help in any way, please let me know as soon possible.

Sally Cochran, Senior Support Officer

(Contact me at Hattie Webb House: Tel 01634 404468
hattie-webbhouse@kasbah.org.uk)



**Thanks Again to
Eurotunnel plc**

We were lucky enough to be Eurotunnel's chosen charity of the year again and received £1,675 at the Eurotunnel HQ near Folkestone on March 25th.

Seen below Jodie Smith (KASBAH service user and volunteer), with Betty Hague-Smith (Chair), and Emma Carver (Services Manager), receive a cheque from representatives of Eurotunnel plc.



We need volunteers to help with the next EURO TUNNEL Tin Shaker Event in July/August (dates to be confirmed). Please contact us with your details ASAP.

Forthcoming Events

BEYOND BOUNDARIES Live 2009

Sat 4th & Sun 5th July
FIVE: Farnborough

Get full details and book your tickets at

www.beyondboundarieslive.co.uk

Quote the promotional Code KA09 when you book and you will help to raise funds for KASBAH!

THE UK'S most exciting
EVENT FOR DISABLED PEOPLE





JOIN US and have a fantastic day out packed with fun, action and adventure!





! Discover the Paralympic & Sporting Village!
Have a go at rock climbing, football, basketball and lots more!
Be blown away by a stunning live fashion show!

BOOK YOUR TICKETS TODAY!

And that's just the tip of the iceberg!
To view all show features and book your tickets please visit
www.beyondboundarieslive.co.uk
4th & 5th of July 2009, Farnborough International Airfield

In partnership with
the guardian

BEYOND BOUNDARIES Live 2009

Farnborough International Airfield
4TH & 5TH OF JULY 2009

PIMP MY WHEELCHAIR
Experience the awesome new Pimp my wheelchairs!

! Meet loads of fantastic exhibitors!
! Test Drive the latest cars, hand cycles and wheelchairs!
! Get involved in the celebrity chef cooking zone and hone your cooking skills!
! Visit a range of inspiring speaker sessions!

BOWER GROVE PARENT SUPPORT

**Bower Grove School, Fant Lane
Maidstone, Kent ME16 8NL**

INVITATION

To all parents/carers of children and young people with Additional or Special Educational Needs, ASD Spectrums and any Disability

Meetings are open to all parents/carers and that includes any other school.
Professionals are also very welcome to join us.

MEETINGS THURSDAY MORNINGS 10AM

30th April **Rosemary Henn-Macrae, Social Services**
Rosemary returns to update us about children and young people's Services and Short Breaks including plans for 2010. Please join us for this important meeting.

14th May **Jan Passmore, Educational Psychologist, and Carole Deadman, AEN Officer**, to discuss:
The 'STATEMENTING PROCESS'
CAF, COMMON ASSESSMENT FRAMEWORK
i.e. Swift and easy access to advice and support and early intervention.

11th June **BEHAVIOUR MANAGEMENT: Charlotte Scott, Bower Grove School**: to discuss the REWARDS SYSTEM

2nd July **Angela Stirland Me2 Project, Kent Youth**:
To discuss support and mentoring for our children and young people in mainstream clubs.

CONTACT (during school hours):
Josephine Cousins Tel: 01622 726773
Website: www.bower-grove.kent.sch.uk
Email: psg.bowergrove@btinternet.com

FADS

(Family Activities for the Disabled in Swale) are holding a

TASTER SPORTS DAY

at the
Abbey School
(off the A2 at Faversham)

Saturday April 18th, 10am -4pm.

There will be a wide range of activities including trampolining. Free lunch and refreshments.

If you don't happen to live in Swale but are a KASBAH member with a disabled youngster please contact me:
Dorothy Higgins (KASBAH Board)
E-mail: jjmrh@hotmail.com



The Mobility Roadshow®
the future of mobility

4th-6th June 09
Kemble Airfield

**KEMBLE AIRFIELD, NR CIRENCESTER,
GLOUCESTERSHIRE**

Open 10am daily
Free Admission and Parking

Register for **FREE TICKETS** at
www.mobilityroadshow.co.uk
Or call 0845 241 0390 for a chance to win a P&O mini-cruise for two.

Not only the best possible showcase of mobility and lifestyle products and services, but also a great fun day out for all the family!

General Notices

New - Toy Library and Café Group



12-2pm in the Café at Windchimes
Reynolds Close, Herne Bay CT6 6DS

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9th April, 7th May, 4th June, 2nd July, 30th July, 27th August, 24th Sept, 22nd Oct

For more information contact SNAAP on 01227 367555



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Telephone: 01793 421822

£35 includes:
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Association for spina bifida hydrocephalus
with its related conditions

YOUR VOICE - CELEBRATING DIVERSITY

Saturday 18th April 2009

Forum @ Greenwich

FOLLOWING A POOR RESPONSE, 'YOUR VOICE' HAS DECIDED TO POSTPONE THE ABOVE EVENT UNTIL POSSIBLY A DATE IN JULY A DECISION ON THIS WILL BE MADE AT THE NEXT YV COMMITTEE.

Should you have any comments or wish to know more, please contact:

Mark Harris, YV Development Officer

ASBAH, ASBAH House, 42 Park Road, Peterborough, PE1 2UQ

KASBAH's 2009 SURVEY OF CARERS: A Summary of Our Main Findings

Introduction

The main aim of the role of Carers' Advisor, introduced in October 2008, was to support carers and families of individuals expressing an interest in independent living. This was to help promote both the Supported Living Programme, itself a new initiative, and the Independent Living Programme provided by KASBAH, and also work towards dispelling the concept that individuals need not isolate themselves from the family environment to learn the skills needed to live independently, (thus giving individuals greater control over their life and providing the opportunity to make the transition only when fully prepared.

The findings were that those contacted by telephone or in writing did not require assistance at present, but were anxious to re-establish contact with the organisation in case of future need.

Supported Living Programme

From the feedback received, the general consensus was that carers of individuals accessing the Supported Living

Programme consider that those they care for are receiving the correct level of support and training for their needs, and any offer of a residential placement would be unnecessary at this time. In terms of future needs, the greatest area of concern for carers was accessing services for the individual once they were ready to complete the transition into independent living and establish themselves in their local community.

Independent Living Programme

Carers of those in the Independent Living programme had concerns for their future once they had completed their training and were ready to complete the transition into independent living.

One common theme was that all carers shared the ambition of the person they cared for to live independently, although 83% would require assistance in finding suitable accommodation.

83% of carers wanted the person they cared for to live independently, and 66% wanted them to find paid employment, although half said that there was

a lack of work experience or paid work opportunities in their local area. The same number thought they would improve their chances of finding employment with further training, such as a college placement.

Half of all carers had concerns over the future of the person they cared for, with 16% saying that they would be fearful of whether the individual would succeed in living independently. 66% of carers would like to remain in contact with the advisory service ensuring that their wants and needs are fulfilled. Half would like KASBAH to act as an advocate on their behalf, ensuring that individuals gain access to new services.

Conclusion

All carers have a clear understanding of the wants and needs of the individuals they care for. The difficulty they have is transferring that level of understanding to care and support agencies established to assist them. This has led to feelings of isolation, often leaving carers unsure of who to approach in times of need.

Sports Opportunities

**FOR INFORMATION ABOUT ALL TYPES OF SPORT FOR DISABLED PEOPLE THROUGHOUT KENT
VIEW THE SPORTS DEVELOPMENT UNIT WEBSITE AT: www.kentsport.org/
OR CONTACT KCC's SPORTS DEVELOPMENT OFFICER, MIKE BISHOP:
Tel No: 01732 525389 Email: mike.bishop@kent.gov.uk**

Paralympic Awareness Training Day

On **Wednesday 7th July 2009**, Paralympian Martin Mansell will be presenting another "**Paralympic Awareness Training Day**" at Cascades Leisure Centre, in Gravesend

The day will run from 10:00 a.m. to 3:00 p.m. with lunch provided and is **FREE**

Martin will take you through the history of the Paralympic Games and the development of Paralympic Movement and show you how to use and get the best from the Paralympic Resource Pack - "Ability vs Ability"

The Pack includes a DVD summary of all the Paralympic Sports, resource cards and an interactive CD-ROM. It also gives you access to a website which includes school lesson plans, an image bank, video footage and quizzes as well as athlete profiles and the history of the Paralympics

If you would like a place on this one-day course please let me know as soon as possible (max 20 places available)

Michael Bishop

Kent Sports Development Manager for Disabled People
Kent Sports Development Unit, 17 Kings Hill Avenue,
West Malling, Kent. ME19 4UL

Telephone: 01732 525389 Fax: 01732 525309
Website :- www.kentsport.org/disability

Special Needs Adventure Activities for 2009

Rope based activities – Fun and a sense of achievement as you balance carefully across a rope walkway, whizz across a 'ravine' or try your hand at abseiling!

Navigation – Learn how to use a map and compass. Could lead to the NNAS bronze or silver awards in navigation.

Woodland Activities – Anything from building a shelter to learning more about the environment.

The above activities would cost £15 per person for a 2 hour session and would run with a minimum of 3 people. If one person wished to take part in any of the activities, it may be possible to join up with other service users from elsewhere to make up a group. These could run weekly, fortnightly or on an occasional basis, depending on demand.

All activities can be tailored to suit individual needs.

For information on the above, contact

Mick Canning on **07961 903366**

or mickjcanning@yahoo.co.uk

or **Chris Tullis** at Evolution Climbing **01892 862924**

or reception@evolutionindoorclimbing.co.uk

Success For Kent Swimmers

Two Kent swimmers attended the Nationwide Building Society sponsored DSE National Junior Swimming Championships in Sheffield on 7 and 8 March.

Alfie Goldsmith, 14, from Broomfield, near Herne Bay took part in his 2nd National Junior Swimming Championships. He won all 11 races, coming home with 11 gold medals plus 2 silver medals from the team relay events.

Alfie also secured 11 new personal best times and was named Nationwide Outstanding Male Swimmer, which gives him a trophy and a grant of £200, which he will receive later in the year at the DSE National Awards.

Alfie is hoping that the successful weekend will secure his International Disability Swimming classification, and springboard him on to international swimming, and ultimately the Paralympics.

Alexandra Adams, 15, from Maidstone won 6 of her 7 races and secured a new personal best time for 50m butterfly. Alexandra is supported by Kent County Council under the Talented Athlete Scheme and hopes to secure a place in the GB Swimming Squad and London 2012 Paralympic Games.

Anyone wanting to find out about getting involved in disability sport in Kent should log onto www.kentsport.org/disability

Maidstone Rebels Wheelchair Basketball Team



**Every Saturday
3.00 - 5.00pm**

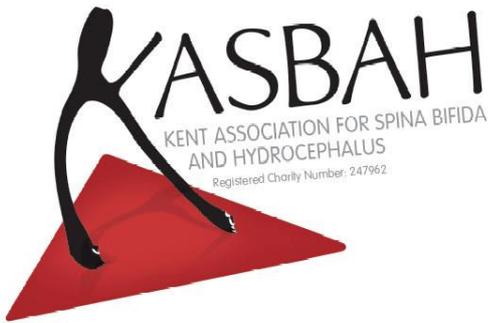
**Astor of Hever Sports Centre,
Oakwood Park, Maidstone, Kent**

The club is primarily for wheelchair users with upper body coordination, but non-disabled players are welcome

The Club will aim to join the GB Wheelchair Basketball Association League and participate competitively.

Tel No: 01732 525389

Email: mike.bishop@kent.gov.uk



7 The Hive, Northfleet, Kent, DA11 9DE

Tel: 01474 536501

Fax: 01474 536202

Email: admin@kasbah.org.uk

Thanks to one of our carer members, (who shall remain anonymous), for the item below, which will perhaps strike a chord with some of you.

Do write in with your own experiences and insights - and perhaps cheer some of us up at the same time!

Keyley Black

It is with deepest regret that we would like to inform our members that Keyley Black (aged 31) passed away on Tuesday, 24th March 2009.

We would like to extend our sincere sympathy to Keyley's family and loved ones for their loss .

KASBAH'S AGM

The Proposed Venue for this year's AGM is the Fire and Rescue Head Quarters in Tovil, Maidstone; early evening, in the first week of July. We will confirm this, plus the date and time in due course.

The Shower Room Blues:

"The good news is that I have a bright new room with wash basin and toilet all to myself. And a wet-floor shower! Well, its not quite finished yet, but I couldn't wait to try it! So this morning at 6.30pm, before making G the first tea of the day, I crept past her room and into my shiny new shower room, on to cold slate tiles - cool or what? Aghhh, very cool, - no heating! I turned on the shower lever to full and whoosh; I found out

why it is called a wet room! Mmm - I'm not sure if like this or not. It's so messy, and guess what? I dropped my nice, radiator-warmed towel onto the floor! Not a problem normally, but with the shower going at full blast it floated slowly across the room and out of reach (I know... a slight exaggeration, but it was VERY soggy), leaving me very wet and with nowhere to go!! Well, except for me trying to find another towel in the airing cupboard through half shut soapy eyes and dripping all over the carpets!"

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